

NRT Support

For Parents

Vapes are highly addictive due to the nicotine they contain. When vaping, the nicotine takes just 10 seconds to travel to the brain, which causes the release of dopamine, known as the feel-good hormone. This effect does not last long. As the nicotine fades, the brain craves another hit of nicotine.

What is NRT?

Nicotine replacement therapy (NRT), as the name suggests, replaces some of the nicotine that a person would usually get through vaping or smoking but without breathing in harmful chemicals. It can help someone cope with the cravings and withdrawal symptoms experienced when they are quitting. A GP or Pharmacist can discuss the different NRT options, and their side effects.

NRT is safe to use for anyone over the age of 12

Combination NRT

Combination NRT refers to using both a long-acting and a faster-acting form of NRT to handle background as well as 'break-through' cravings. Long-acting NRT refers to patches, while faster-acting NRT includes the lozenges, gum, and mouth spray. Combination NRT is safe and has been found to be more effective than using one form of NRT alone.

NRT usage can double the likelihood of quitting

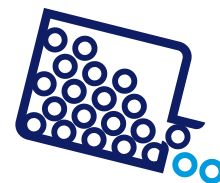
NRT Patches

NRT patches are a slow-acting, long-lasting form of nicotine replacement. They provide a slower but steady level of nicotine over a longer period of time. Patches are applied by sticking them onto a hairless area of skin. The nicotine is then absorbed slowly through the skin, this is why it is recommended to use the patch alongside a faster-acting NRT form. There are 16- and 24- hour patch options. Speak to a doctor or pharmacist or have your child speak to a medical professional about the best patch option for them.



Lozenges

NRT lozenges are a faster-acting form of nicotine replacement to help combat any intense, 'break-through' cravings your child may experience. The nicotine from a lozenge is absorbed through the mouth and gum. Have your child pop the lozenge between their gum and cheek, rolling it around from time to time, until it dissolves completely, which should take around 15 to 20 minutes. There are different dosage options of lozenges, so it is best to speak to a doctor or pharmacist, or have your child speak to their doctor or a youth service about the best option for them.



Gum

NRT gum is a faster-acting form of nicotine replacement to help combat any intense cravings your child may experience. The nicotine from the gum is absorbed through the mouth and gums. Whilst it looks like regular gum, NRT gum is not used in the same way. Have your child start chewing the NRT gum until they feel a tingling sensation in their mouth. When this occurs, have them park it under their tongue or between their gum and cheek. Once the tingling stops, repeat the process until the flavour of the gum is gone and your child's craving has subsided.



Mouth spray

NRT mouth spray is a faster-acting form of nicotine replacement to help combat any intense cravings your child may experience. The nicotine from the mouth spray is absorbed through the mouth. Have your child spray the NRT mouth spray into the side of their mouth or under their tongue. Do not swallow for a few seconds afterwards for best results. A doctor may not recommend the mouth spray to a child as it does contain a small amount of alcohol.



Side effects

Each of the NRT products can have side effects, especially if the products are not used correctly. These side effects may result in your child not wanting to use their NRT anymore. It is important to utilise NRT in consultation with a doctor or pharmacist. The Quit website also has useful information about each of the NRT products that may be helpful for you to understand the products and guide your child on how to use the products correctly. When used correctly, the side effects of NRT are typically minimal.